

Basil, sweet

Ocimum basilicum

Sweet Basil is in many ways a strengthening oil, having a pronounced effect on focus and concentration when inhaled in small amounts throughout the day. It encourages the mind to stay on task rather than wandering or succumbing to distractions, making it an excellent aid to work or study. Just a drop or two is necessary, as in large amounts Sweet Basil can actually have a stupefying effect.

Sweet Basil is considered one of the best aromatic nerve tonics for its ability to ease nervous tension, stress, anxiety, and depression. It can also be quite helpful with insomnia and migraine headaches. When added to carrier or massage oil, its antispasmodic and analgesic abilities make Sweet Basil an effective pain reliever and muscle relaxant. It can be quite helpful in relieving menstrual cramps, rheumatism, gout, and muscular aches and pains.

Sweet Basil has historically been used as a digestive tonic for stomach cramps, hiccups, ulcers, gastritis, vomiting, and constipation. It is beneficial with respiratory ailments like asthma, bronchitis, colds, cough, or sinus infections.

Sweet Basil uses include bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism, and sinusitis. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 58-67.]

suggested usage

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to soothe tired, aching muscles.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to sharpen focus while studying or working.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to assist with mental clarity and clear breathing.

INTERNAL

- Can be used in cooking, instead of Basil herb, at the rate of 1 drop Essential Oil per ½ teaspoon dried herb seasoning.

MISTING

- For a powerful natural insect repellent, mix 4 drops Sweet Basil, 1 drop Rose Geranium, and 4 drops Eucalyptus Citriodora in 1 ounce of pure or distilled water. Shake well before spraying.

TOPICAL

- Apply Sweet Basil neat (undiluted) on location for minor insect bites.
- Can be applied neat on specific joints; for broader coverage dilute with massage or carrier oil, adhering to dilutions guidelines on the right of this document.
- For an effective antispasmodic massage oil to assist with cramping, gout rheumatism, arthritis, and muscle aches and pains, add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.

responsible cautions

- Not recommended for use during pregnancy or while breastfeeding.
- Not recommended for use with children.
- Not recommended for use by those taking anticoagulants (blood thinners).
- Best used for short intervals
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

pregnancy & children

- Avoid during pregnancy, labor, and while breastfeeding.
- Not recommended for use in children.

attributes

Wildcrafted

GRAS Certified

Producing Organ: Flowering plant

Extraction: Steam Distillation

Country of Origin: India

Therapeutic Properties: Analgesic, antidepressant, antipyretic, antiseptic, antispasmodic, bactericide, bacteriostat, carminative, cephalic, digestive, expectorant, menorrhagic, nervine, prophylactic, restorative, stimulant (general, mental), stomachic, tonifying

Main Chemical Constituents: Linalool, Fenchol, Eugenol, Methyl chavicol, and Beta-Caryophyllene

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

Others: Topical dilution for children under age 10, pregnant women, the elderly, those with sensitive skin, those with compromised immune systems, or those with other serious health issues is 1% (6 drops per 1 ounce of carrier oil). **Sweet Basil is not recommended for use during pregnancy, while breastfeeding, by those taking anticoagulants (blood thinners), or with children.**

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.